

A Teen's First Gyn Visit

A young woman's initial gynecologic visit is the time for her to establish rapport with a healthcare provider. The focus of the visit is on educating the teenager and establishing the foundation of preventative healthcare. The timing and scope of the first visit depends on the physical and emotional development of the young woman, as well as her current participation with other healthcare providers such as her pediatrician, nurse practitioner, or family doctor.

- Between the ages of 13 and 18 all teenagers should see a healthcare provider for preventative healthcare
- By age 18 all young women should have an initial gynecologic visit
- When taking certain acne medications, a discussion of birth control with the adolescent, whether or not she is currently sexually active, is necessary
- Sexual activity, at any age, should be accompanied by a gynecologic exam
- Confidentiality between the adolescent and the healthcare provider is a key ingredient for successful healthcare
- Both the teenager and a parent provide family history information
- Essential to the visit is a private discussion between the adolescent and the healthcare provider
- The initial gynecologic visit may or may not include a pelvic exam
- At any point the young woman may choose to stop the exam
- Assurances must be made to the teenager that her privacy will be protected

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